



No More Excuses: High School Character Programs Can Work

@characterstrong



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Specialist



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**The
Why**



**The
How**



**The
Team**



The **Why**



OUTCOMES



Well-Being



Belonging



Engagement



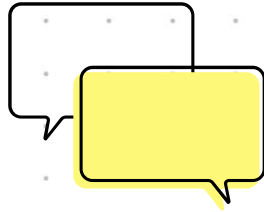
Well-Being

About half of adolescents will experience a mental health challenge before they're 18.

**“As anxiety increases ,
empathy decreases .”**

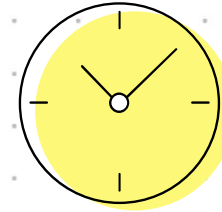


Dr. Michele Borba
Author of *Unselfie*



Turn & Talk:

What do these ideas mean to you?



If There's Time:

How are these ideas connected to your students?

Half of adolescents will experience a mental health challenge before they're 18.



"As anxiety increases, empathy decreases."

Dr. Michele Borba

00:25



**Our well-being impacts
everything we do.**





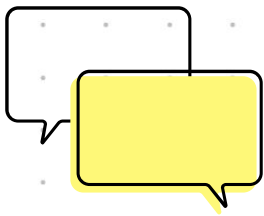
Belonging

3 out of 4 young people
report *regular* stress
related to loneliness.

“When people feel they
belong to one another, their
lives are stronger, richer, and
more joyful”

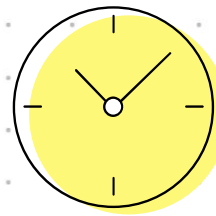
Dr. Vivek Murthy
2x U.S. Surgeon General





Turn & Talk:

What stands out to you
when it comes to
belonging?



If There's Time:

What are some ways you
promote belonging?

3 out of 4 young people
report regular stress
related to loneliness.



"When people feel they belong to
one another, their lives are
stronger, richer, and more joyful."

Dr. Vivek Murthy

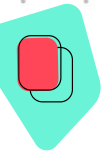
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Barriers to Belonging, pt 2

Each group will focus on 1 smaller topic related to this big question: *What systems or structures exist at our school that are barriers to belonging?*

We will spend time discussing in our individual groups and then share out with the full group at the end. Today's discussion will require empathy and open-mindedness. Let's review each of the 4 categories we will be discussing.

**Belonging is a
*basic human need.***





Engagement



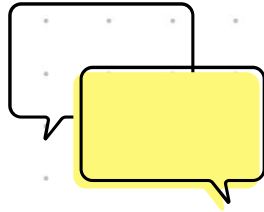
4 in 10 6th – 10th
graders say they are
engaged in school.

That number drops to
3 in 10 by 11th grade.

**“Students need a
deeper ‘why.’ ”**

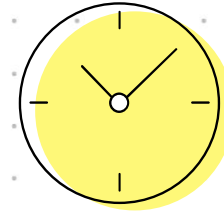
Dr. Angela Duckworth
Social Psychologist





Turn & Talk:

1 word for how I want my
students to feel this year is _____.
(Ex: Engaged)



If There's Time:

1 word for what I need TO BE
to create that feeling is _____.
(Ex: Authentic)

4 out of 10 teens say they
are engaged in school.



"Students need
a deeper 'why'."

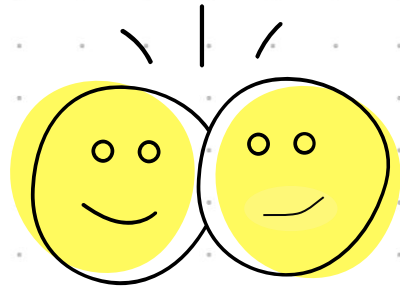
Dr. Angela Duckworth

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The **How**



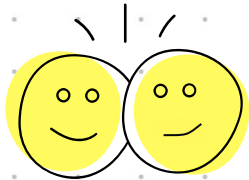


We need to be
Reminded
more than taught

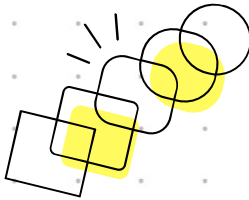
Reminders



Significantly improves behaviors, school functioning, and academic achievement.



It's all about **relationships.**



Culture by **design**, instead of **default.**

School Struggles



Mental health (trauma, anger, anxiety)
interrupts learning



Lack of belonging and safety = **disengagement**



Disruptive behaviors distracts from
quality instruction



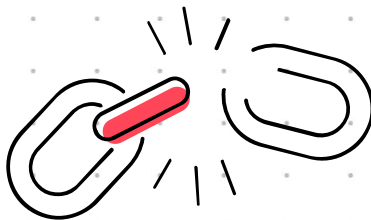
The **Team**



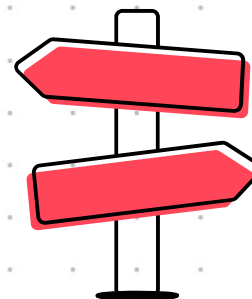
The Gaps in Traditional Programs



Too hard
to use



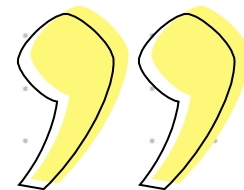
Too little
support



Too many
places to go

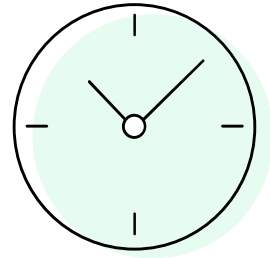


“Look at a stonecutter hammering away at his rock, perhaps a hundred times without as much as a crack showing in it. Yet at the hundred-and-first blow it will *split in two*, and I know it was not the last blow that did it, but *all that had gone before.*”



–Jacob A. Riis



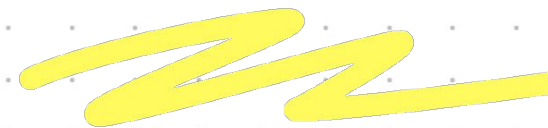


Change takes
TIME



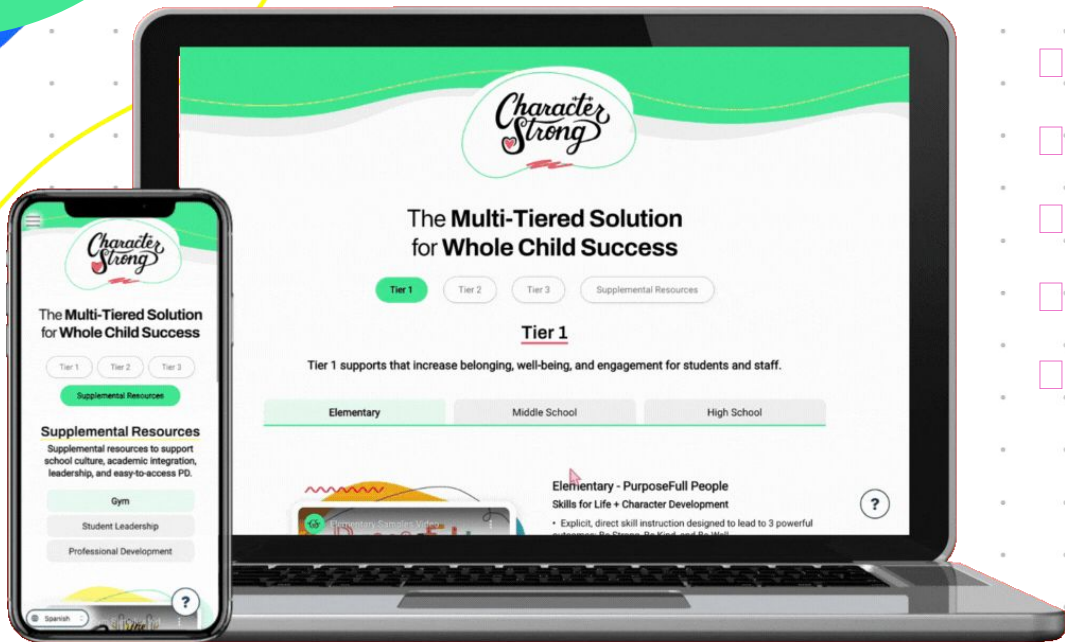


60 Second Feedback





Tier 1 Curriculum



- PreK - 12th Grade Vertically Aligned Curriculum
- Designed by Educators for Educators
- Every lesson is unique and does not repeat
- Research-Based Lessons
- Plug and Play Resources

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